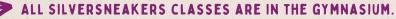
GROUP FITNESS SCHEDULE

INCLUDED IN A FITPASS. FITPASSES ARE \$10 FOR 10 CLASSES AND CAN BE PURCHASED ANYTIME									
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
EARLY AM		7AM - 8AM CARDIO STEP		7AM - 8AM CARDIO STEP					
		8AM - 9AM BARRE	8AM - 9AM CARDIO AB BLAST	8AM - 9AM BARRE	8AM - 9AM FIT & TONE LOWER BODY				
LATE AM	8AM - 9AM FIT & TONE UPPER BODY	9AM - 10AM TRANQUIL YOGA	9AM - 10AM "FUN2FIT ADVANCE CLASSIC	9AM - 10AM FUNK-TIONAL YOGA	9AM-10AM INDOOR CYCLING				
	9AM - 10AM "Fun2fit advance Classic	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "Silversneakers Classic	9AM - 10AM BARRE			
	10AM - 11AM PILATES FUSION	10AM - 11AM "SILVERSNEAKERS CLASSIC LIGHT		10AM - 11AM "SILVERSNEAKERS CLASSIC LIGHT		10AM-11AM KICKSTART			
LUNCH	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH				
				12PM-1PM AFTERNOON DELIGHT YOGA					
PM	4:30PM - 5:30PM Total Body Reset Full Body	4:30PM - 5:30PM TRANQUIL YOGA	4:30PM - 5:30PM TOTAL BODY RESET FULL BODY	4PM-5PM FIT & TONE LOWER BODY					
	5:30PM - 6:30PM POUND FITNESS	5:30PM - 6:30PM ZUMBA	5:30PM - 6:30PM POUND FITNESS	5PM-5:30PM 30 MINUTE AB BLAST					
	6:45PM - 7:45PM BODY GROOVE	6:30PM - 7:30PM FIT & TONE UPPER BODY	6:45PM - 7:45PM PILATES FUSION						



ALL OTHER CLASSES ARE IN THE HCC FITNESS STUDIO UPSTAIRS. SPACE IS LIMITED AND CLASSES ARE OPEN ON A FIRST COME FIRST SERVE BASIS.







JULY AQUATIC GROUP FITNESS SCHEDULE

*CLASSES DESIGNATED WITH AN ASTERISK ARE INCLUDED IN YOUR MEMBERSHIP. CLASSES WITHOUT AN ASTERISK ARE INCLUDED IN A FITPASS. FITPASSES ARE \$10 FOR 10 CLASSES AND CAN BE PURCHASED ANYTIME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
EARLY AM	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL				
LATE AM	9AM - 9:45AM "WATER THERAPY HCC LEISURE POOL	9AM - 9:45AM "AQUAFIT HCC LEISURE POOL	9AM - 9:45AM "WATER THERAPY HCC LEISURE POOL	9AM - 9:45AM "AQUAFIT HCC LEISURE POOL	9AM - 9:45AM "WATER THERAPY HCC LEISURE POOL				
	10AM - 10:45AM "WATER AEROBICS HCC LEISURE POOL	10AM - 10:45AM "AQUAFIT HCC LEISURE POOL	10AM - 10:45AM "WATER AEROBICS HCC LEISURE POOL	10AM - 10:45AM "AQUAFIT HCC LEISURE POOL	10AM - 10:45AM "WATER AEROBICS HCC LEISURE POOL				
LUNCH									
PM		5:30PM - 8:30PM "LAP SWIM HCC COMPETITION POOL		5:30PM - 8:30PM "LAP SWIM HCC COMPETITION POOL					
		5:45PM - 6:30PM "AQUAFIT HCC LEISURE POOL		5:45PM - 6:30PM "AQUAFIT HCC LEISURE POOL					

CHILD WATCH IS AVAILABLE SO YOUR KIDS CAN HAVE FUN WHILE YOU TAKE CARE OF YOURSELF!
VISIT WWW.SEDALIAPARKS.COM FOR CHILDCARE SCHEDULE AND DETAILS.